



31 PRACTICAL WAYS TO GROW IN EVERYDAY FAITH

Checklist and Guide



SARA, LIVING FREE - RESOURCES
www.saralivingfree.com

Introduction

• • •

What Is Everyday Faith?

Everyday Faith is living each day believing that Jesus loves you, forgives you, is actively involved in your daily life, and will one day bring you safely home to live with him forever.

Whether you're experiencing the worst day of your life or the best, God is with you; but it often takes practice for us to notice him.

How to Utilize this List

This is not a rule book. **The purpose of this list is to help you experiment with faith-based exercises and applications to incorporate faith into your everyday life.**

God is the ultimate creative. So, just as he created each of us uniquely, we will also connect with him in unique ways.

I believe that as you work through this practical guide, you'll begin to notice – more and more – how God is present in your everyday life.

Here are a few suggestions on how to utilize *31 Practical Ways to Grow in Everyday Faith*:

1. **Be intensely intentional:** Complete one exercise every day for one month.
2. **Be confidently relaxed:** Work through the list, one by one, whenever you have the time and energy.
3. **Be freely choosy.** Pick and choose whichever applications look interesting and ditch the rest.

Are you ready? Let's begin!

Checklist and Guide

• • •

- 1. While tidying your home, pray that the fruit of the Holy Spirit would fill your house and each family member who lives with you. (For example, while you pick up your daughter's book and return it to her room, say, "Lord, bless my daughter with joy today." While you bring a dirty cup from the dining room table to the kitchen counter, say, "Father, bless my home with kindness.")**

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" (Galatians 5: 22-23 NLT)

- 2. Pick a private, calm place to be alone. Breathe in and out 5 times to quiet your soul before God. Now think of one struggle that you just haven't been able to make progress on. Tell God about it. Release it to him. Tell him you're helpless to make ground. Now, choose to trust that he cares and will help you.**

“I look up to the mountains—
does my help come from there?
My help comes from the LORD,
who made heaven and earth!
He will not let you stumble;
the one who watches over you will not slumber.
Indeed, he who watches over Israel
never slumbers or sleeps.
The LORD himself watches over you!
The LORD stands beside you as your protective shade.
The sun will not harm you by day,
nor the moon at night.
The LORD keeps you from all harm
and watches over your life.
The LORD keeps watch over you as you come and go,
both now and forever.” (Psalm 121 NLT)

- 3. Find a worship song with lyrics chock full of biblical truth. Play it over and over until it is so familiar that you can sing it on your own. Sing it when you’re sad or when you’re joyful, when you’re working or when you’re going for a walk.**

“Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises.” (James 5:13 NLT)

- 4. Ask God for a hug or something else that would be meaningful or comforting to you. (When I do this, he answers differently each time. For example, sometimes a friend will call to check on me, or my daughter will be extra affectionate that day, or I’ll just feel more peaceful than usual.)**

“This God—his way is perfect; the word of the LORD proves true; he is a shield for all those who take refuge in him.” (2 Samuel 22:31 ESV)

□ **5. Read Proverbs 2:8. Thank God that he rewards faith. Tape the verse to your kitchen window for one week to remind you that growing in faith is worth the effort.**

"He guards the paths of the just and protects those who are faithful to him."
(Proverbs 2:8 NLT)

□ **6. Walk into your bedroom. Open your closet and all your clothes drawers. Thank God for how he has provided for you. Look around. Are there other items in the room that remind you how God has taken care of you? Praise him for his provision.**

"And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you." (Matthew 6:30a NLT)

□ **7. On a day when you know you'll be home for most of the day, do the following:**

- **Read aloud Hebrews 11:6.**
- **Set a timer for one hour.**
- **When the timer rings, read Hebrews 11:6 aloud again.**
- **Reset the timer for another hour.**
- **Repeat throughout the day.**
- **(BONUS: By the end of the day, I bet you already have the verse half memorized. Finish memorizing! Challenge yourself to repeat this verse by memory every day this week.)**

"And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him." (Hebrews 11:6 ESV)

- **8. Pause wherever you are in your day. Close your eyes. Think of the events of the day so far and try to point out every moment where God was involved, or you sensed his presence.**

“In all your ways know and acknowledge and recognize Him, And He will make your paths straight and smooth [removing obstacles that block your way].” (Proverbs 3:6 AMP)

- **9. Read 1 Peter 3:8-9 aloud during your quiet time. Do you struggle with any of these admonitions? Ask God to fulfill his Word – these godly attitudes and behaviours – in you. Then, believe that he’s always working on your heart, always teaching and guiding. You can trust him to complete his good work in you.**

“Finally, all of you be like-minded [united in spirit], sympathetic, brotherly, kindhearted [courteous and compassionate toward each other as members of one household], and humble in spirit; and never return evil for evil or insult for insult [avoid scolding, berating, and any kind of abuse], but on the contrary, give a blessing [pray for one another’s well-being, contentment, and protection]; for you have been called for this very purpose, that you might inherit a blessing [from God that brings well-being, happiness, and protection].” (1Peter 3:8-9 AMP)

- **10. Pick a chore that you need to accomplish around the house. While you work, watch your body move. Thank God for your delicately woven parts (even the ones that may not be working as they should be) and how he created you for good works.**

“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” (Ephesians 2:10 ESV)

- **11. Go for a walk. Every time you pass another person walking, pray a blessing over them in your head.**

"First of all, I ask that you pray for all people. Ask God to bless them and give them what they need. And give thanks." (1 Timothy 2:1 ERV)

- **12. Look at your hands, fingernails, arms, legs. Look in the mirror at your eyelashes, your lips, and the creases in your forehead. Read Psalm 139:1-6, 13-18, and 23-24 aloud to acknowledge that God is entirely, emotionally wrapped up in you and your life.**

*"O LORD, you have examined my heart
and know everything about me.
You know when I sit down or stand up.
You know my thoughts even when I'm far away.
You see me when I travel
and when I rest at home.
You know everything I do.
You know what I am going to say
even before I say it, LORD.
You go before me and follow me.
You place your hand of blessing on my head.
Such knowledge is too wonderful for me,
too great for me to understand!

You made all the delicate, inner parts of my body
and knit me together in my mother's womb.
Thank you for making me so wonderfully complex!
Your workmanship is marvelous—how well I know it.
You watched me as I was being formed in utter seclusion,
as I was woven together in the dark of the womb.
You saw me before I was born.
Every day of my life was recorded in your book.
Every moment was laid out
before a single day had passed.
How precious are your thoughts about me,^[b] O God.
They cannot be numbered!"*

*I can't even count them;
they outnumber the grains of sand!
And when I wake up,
you are still with me!
Search me, O God, and know my heart;
test me and know my anxious thoughts.
Point out anything in me that offends you,
and lead me along the path of everlasting life."*
(Psalm 139:1-6, 13-18, and 23-24 NLT)

- 13. Wrestle with Matthew 21:22. Consider whether there are boundaries to this promise. For example, will God give you something that is sinful or doesn't line up with his perfect plan for your life? Will God take away all pain and suffering in this world? Ask God to help you believe his promise without using it as a Magic 8 Ball.**

"You can pray for anything, and if you have faith, you will receive it." (Matthew 21:22 NLT)

- 14. Send a quick message of faithful encouragement to one person via text, messaging, email, etc.**

"When we get together, I want to encourage you in your faith, but I also want to be encouraged by yours." (Romans 1:12 NLT)

- 15. Take your Bible and flip through the books of Leviticus and Deuteronomy. Read several of the laws that the Israelites had to try and follow in order to stay in right standing with God. Now, take a minute to thank God that Jesus set you free, not only from sin but from needing to obey the sacrificial laws.**

“So we are made right with God through faith and not by obeying the law.” (Romans 3:28 NLT)

- **16. Step outside. Look at several trees. Take note of how their trunks are of varying sizes, having grown thicker and stronger with each year. Now, picture your faith as a tree, growing ring by ring, moment by moment, year by year. Acknowledge that your faith in God is getting stronger by the power of the Holy Spirit working in your life – during good times and bad.**

“Abraham never wavered in believing God’s promise. In fact, his faith grew stronger, and in this he brought glory to God.” (Romans 4:20 NLT)

- **17. Before you roll out of bed in the morning, during that very first moment when you are aware that you’re awake, say (either aloud or in your head), “Lord, I need you today and every day.” Or, choose your own greeting or request that resonates with you.**

“In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly.” (Psalm 5:3 NIV)

- **18. Listen to praise and worship music while you wash dishes or tidy the house.**

“Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.” (Hebrews 13:15 NIV)

- **19. Watch a nature documentary and marvel at God’s creativity.**

“And God said, ‘Let the earth bring forth living creatures according to their kinds—livestock and creeping things and beasts of the earth according to their kinds.’ And it was so.” (Genesis 1:24 ESV)

- **20. Strengthen your faith in the meaning of God’s Word with this exercise: Read Ephesians 3:16 (NLT) over and over. Each time, emphasize one word over all the others. For example, the first time you read the verse, emphasize the word “I.” The second time, emphasize the word “pray.” The third, “from.” The fourth, “his.” And so forth. Each word is important to the meaning of the verse and the intention for which God included the verse in his Word. After you’ve read Ephesians 3:16 eighteen times (which is the number of words in the verse), what revelation of meaning have you received?**

“I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit.” (Ephesians 3:16 NLT)

- **21. While folding laundry, pray for the family member whose clothes you’re folding. If the load is a mixed bag, all the better! Move from one family member to the next according to the item you pick out of the basket to fold. (Alternately, as a similar exercise, fold all the laundry first. Then, while you put away the clean clothes in each family member’s room, pray for them. Bless their room, their bed, their toys and their hearts. Lift them up to God.)**

“Continually be prayerful.” (1 Thessalonians 5:17 ISV)

□ **22. Using a beaded necklace or a bowl of marbles, train your thoughts to focus on God through prayer.** Pick a comfortable place in your house during a part of your day when you can devote several minutes to quietness. Hold one bead between your fingers while praying one thought. It could be a prayer of thankfulness for God's provision, a request for healing for a friend, a release of worry over your son, an offer of praise for what God has done in your life recently, a confession of a sin you've been struggling with, etc. When you're ready, move your fingers over to the next bead in the necklace (or plunk the marble into a separate bowl and pick up another marble). Keep praying, one thought at a time, until you've made your way around the whole necklace or completed the entire bowl of marbles.

(Although using beads and marbles is a fairly common occurrence in prayer, I first happened upon this idea while reading Sue Mayfield's book, *Exploring Prayer*, 2007.)

"[W]e take captive every thought to make it obedient to Christ." (2 Corinthians 10:5 NIV)

□ **23. While completing a chore that requires little thought (like washing dishes, stirring soup, or ironing), focus on God's creation outside your window. Imagine that the trees, which are waving their branches in the wind, are clapping and cheering for God. Imagine that the birds twittering nearby are singing a praise song to God. Recognize that all of creation – including you – give glory to God simply by being.**

*"Praise him, sun and moon,
praise him, all you shining stars!
Praise him, you highest heavens,
and you waters above the heavens!"*

Let them praise the name of the LORD!
For he commanded and they were created.
Praise the LORD from the earth,
you great sea creatures and all deeps,
fire and hail, snow and mist,
stormy wind fulfilling his word!
Young men and maidens together,
old men and children!
Let them praise the name of the LORD,
for his name alone is exalted;
his majesty is above earth and heaven.
He has raised up a horn for his people,
praise for all his saints,
for the people of Israel who are near to him.
Praise the LORD!" (Psalm 148:3-5, 7-8, 12-13 ESV)

- 24. Pick one chapter (or if you're up for it, one book) from the Bible to write out by hand. When we engage numerous senses at once - in this case, touch, sight, and hearing - we absorb more truth. Really think about the words you write out. Read them aloud as you write. Thank God for his written word, given to you.**

"All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God^{may} be complete, equipped for every good work." (2 Timothy 3:16-17)

- 25. Pick a physical exercise or a series of gentle stretches, whatever your body can handle. While you exercise your body, training your muscles to do work for the benefit of your physical health, remember that your faith journey is also training your spiritual muscles for the benefit of your soul. Ask God to help you accept the challenge of growing in godliness.**

“For physical training is of some value, but godliness (spiritual training) is of value in everything and in every way, since it holds promise for the present life and for the life to come.” (1 Timothy 4:8 AMP)

- **26. Next time you sit down to relax with some evening TV, purposely choose to watch either a faith-based movie, show, or documentary. (Just this once. I’m not condemning other non-faith-based programs.) Let whatever you watch inspire your faith in God.**

- “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” (Philippians 4:8 ESV)

- **27. While grocery shopping, every time you place an item in your cart, thank God (silently, in your head) for the item. Think of all the other groceries you’ve purchased over the years. Consider how God has provided for you. You’re fed. You’re alive! Consider how God has provided for you over the years.**

“Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.” (Matthew 6:31-32 ESV)

- **28. Listen to an online sermon, message, or podcast while you go about one of your regular routines, such as exercising, cleaning, resting, walking, etc.**

“So faith comes from hearing, and hearing through the word of Christ.” (Romans 10:17 ESV)

□ **29. Next time you head to your laundry room to toss a load into the washing machine, follow these steps:**

- Turn on the washer and let the water and soap begin to mix.
- Think of one person or situation you feel worried about, someone or something you want to fix or don't know how to deal with.
- Now, drop one item of dirty laundry into the washer as a symbol of releasing that person or situation to God. Trust that he can handle it and that his ways are perfect.
- Repeat this exercise of releasing your burdens to God for each item you place in the washer.

I cannot carry all these people by myself; the burden is too heavy for me." (Numbers 11:14 NIV)

□ **30. Set aside time for prayer and reading your Bible today. After you've spent some time together, ask God if there is anything that he's commanded you to do that you haven't done. Or, maybe you've just been putting it off, thinking it's not a big deal. Our faith grows in many ways, but it grows exponentially when we obey what God asks us to do! This is putting faith into action. So, if there's something you know you should do but you haven't done it yet, set yourself in motion today and obey.**

"I won't waste any time. I will be quick to obey your commands." (Psalm 119:60 NIRV)

□ 31. Pick absolutely anything on your “To Do” list today. While you complete the task, imagine God standing in the corner watching you work hard for him. Feel his pleasure. Know that he loves you, both when you succeed and when you fail.

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.” (Colossians 3:23-24 NIV)

□ BONUS: Set aside ten quiet minutes alone. Read Romans 1:16-17 slowly, five times over. Then, take a moment to thank God for salvation through faith alone. If you'd like, you can pray this prayer:

Father God, thank you for your love. Thank you for your grace, which blesses me with salvation through your Son. Thank you for your mercy, which saves me from punishment through your Son. Thank you for helping me every day: guiding me, teaching me, freeing me, comforting me, correcting me... Help me to put my faith into action each day while still holding to the truth that I'm saved, not by works, but by faith in Jesus Christ. Thank you that your work in my heart never ends. You are a perfect Father. Amen.

“For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes—the Jew first and also the Gentile. This Good News tells us how God makes us right in his sight. This is accomplished from start to finish by faith. As the Scriptures say, “It is through faith that a righteous person has life.” (Romans 1:16-17 NLT)

Before You Go

• • •

Congratulations! You're well on your way to incorporating everyday faith into your daily life.

Thank you for trying out these unique exercises of everyday faith.

Hold on to whichever exercises worked well for you. Toss those that didn't.

Your everyday faith will continue to grow as you seek God and try new ways to incorporate faith into daily life.

For even more inspiration and ways to grow in faith and freedom through Jesus Christ, visit www.saralivingfree.com.

With love,

Sara Jane Kehler